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PAGES 10 & 11



OTTAWA

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Thursday, February 21, 2013



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Two deaths probed by SIU

Reeling. Residents in a tight-knit community are in shock over the deaths of their neighbours



JOE LOFARO
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Ontario's Special Investigations Unit is conducting an independent probe after Ottawa police discovered two bodies in a North Gower home Tuesday evening.

The SIU invokes its mandate whenever police officers are involved in incidents where someone has been seriously injured, killed, or alleges a sexual assault took place. The mandate serves to determine if a criminal offence took place.

The Ottawa police major crime unit was called in after they received a 911 call just before 10:30 p.m. Tuesday. They responded to 3204 Pierce Rd. in the city's rural south end.

"Upon entering, they found two deceased individuals," said Monica Hudon, a spokesperson for the SIU. "Our investigation will determine what interaction, if any, police had."

Jim Ross, a neighbour,

said a father and son lived at the home and described them as "good neighbours."

"I was very much in shock," said Ross Wednesday morning.

He identified the father as Jim Thomasing, who lived with his son, Peter.

Ross said Jim was in his 70s and was a retired teacher from Glebe Collegiate Institute.

"(Jim) was very pleasant. He didn't have a bad bone in his body," said Ross.

When Ross was a student at Glebe Collegiate, he said, Jim taught there but was never a teacher of his.

Ross said Jim suffered a stroke about 10 years ago and his son, who was in his 30s, was his primary caregiver. Jim couldn't speak after his stroke and had limited mobility, according to Ross.

They lived in a home next to a large, red barn at the end of a long driveway.

Ross said after speaking with his neighbours about the incident, "everybody's in shock."

Police are releasing few details about their investigation. They said in a news release they are not seeking to identify any other individuals involved in the incident.



Investigators emerge from a vehicle parked in the driveway at 3204 Pierce Rd. in North Gower after police discovered two bodies inside a home Tuesday evening. JOE LOFARO/METRO



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OC Transpo. Presto test going well, but some bugs still need to be worked out

The test rollout of 10,000 Presto cards is going well, despite the fact fewer than 7,000 users have registered their cards, according to OC Transpo.

OC Transpo manager John Manconi told the city's transit commission there's been a 98 per cent successful "tap" rate for the 6,875 cards in use. Since OC Transpo began the rollout for the test run in January, the system has handled more than 11,000 transactions.

There remains a major bug to be worked out before the card is fully implemented, though. Handheld fare-inspection devices are prone to freezing and crashing, much like the card readers were doing a year ago. OC Transpo is confident a software upgrade will resolve the issue.

Gloicester-Southgate Coun. Diane Deans, who chairs the municipality's transit commission, was not concerned that only about half of the 13,507 Presto cards in circulation have been activated.

"We never expected when we put out 10,000 cards that we'd have 10,000 users," Deans told reporters. "We were actually targeting 50 per cent, and we're over 50 per cent. In terms of meeting the test numbers, we're where we wanted to be."

Manconi told the committee that the data collected from the 6,875 registered cards would be enough to inform his April report, which will make a final recommendation on whether or not the city should move ahead with Presto.

ALEX BOULTIER/METRO



Comic Book Shoppe owner Rob Spittall pulls Orson Scott Card's work from store shelves after discovering the writer's alleged "anti-gay" views. GRAHAM LANKTREE/METRO

Comic Book Shoppe drops 'anti-gay' author

'I can't stomach hate.'

Bank Street shop owner pulls Orson Scott Card's work after hearing that writer is allegedly against gay marriage



GRAHAM LANKTREE
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Opposition to a new Adventures of Superman series penned by science-fiction writer Orson Scott Card has spilled over from the confines of the Internet and onto the shelves of the Comic Book

Shoppe on Bank Street.

"Recent controversy over an upcoming Superman series brought to light that a well-known author, Orson Scott Card, is openly and strongly opposed to equal rights for LGBT people," wrote shop owner Rob Spittall on the store's Facebook page Tuesday evening.

"I've carried his books for years. I'm a fan of his writing, but I didn't know about this until recently," said Spittall Wednesday, noting that he is pulling all of Card's work from the shelves and will only offer the new Superman title due in May by special order. The move isn't censorship, he said, since he's giving cus-

tomers a choice whether to buy it or not.

"He's on committees to abolish gay marriage," Spittall said of Card. "I can't stomach hate. I want to make a stand."

If more retailers like him step up, Spittall said, "we can make the companies realize there's damage that can be done." When the announcement was made last week that Card would write the new story, rights group All-out.org launched a campaign that has gathered 14,386 signatures petitioning DC Comics to drop the writer.

"We don't need anti-gay being thrown into reasons why comics shouldn't be

taken seriously," said Comic Shoppe customer Alex Locke as he waited to buy new issues. "I'm glad you guys aren't carrying it," he told the cashier.

Since the store is so close to Ottawa's gay village, Spittall said, he wants to show solidarity with his many clients from the community.

"Every single product that's sitting here on the shelves is product that I've spent the money on that we haven't made a sale on," he said. "I don't want him (Card) to get paid."



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1 NEWS



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'Holy moly, I'm going to the friggin' Junos'

Kristina Maria.

Ottawa singer up for pop album of the year

After singing in front of 200,000 people in Morocco and performing for her idol Celine Dion last year in France, Ottawa native Kristina Maria can scratch one more feat off her list — getting nominated for a Juno Award.

The 23-year-old who graduated from Garneau High School in Orleans found out about the big news Tuesday and wasn't expecting to be sharing the pop album of the year category with heavyweights like Justin Bieber and Carly Rae Jepsen.

"I dreamed about being part of the Junos since I was like 14, so to me it's like, 'Holy moly I'm going to the friggin' Junos,'" said Maria in a phone interview from Toronto Wednesday. "I was in shock."

Her album *Tell the World* features three top-10 singles, including *Our Song Comes On* and *Co-Pilot*. Let's Play reached No. 1 on both the BDS Canadian and Billboard Emerging Canadian Artists charts last year.

Maria is the prodigy of Vito



Kristina Maria said she was shocked when she found out her debut album *Tell the World* was nominated for a Juno Award. CONTRIBUTED

Luprano, the Montreal man who signed Dion in 1986 and was the executive producer on all her albums.

Ever since he helped her launch her debut album last April, Maria has been busy writing music and promoting singles in Europe. The music video for her song *Karma* was just released Tuesday.

In April, Maria will be heading to Regina with her parents and Luprano to attend the Juno Awards broadcast.

Nelly Furtado and Victoria Duffield are also up for the award for top pop album.

"To be nominated with these people is such a big deal," she said. "I'm sweating. That's a tough competition."

JOE LOFARO/METRO



Who doesn't want to be on Hockey Night?

Mikey Finnie, 8, who plays centre on the Stittsville 67's Novice C team, says his line on camera in front of his teammates at a Wednesday taping for a pre-game show, *Scotiabank Hockey Tonight Kids*, which will air Saturday during CBC's *Hockey Night in Canada*. About 15 kids from the Stittsville 67's got their chance to star on national television. The recording will air at 6:30 p.m. to introduce the game between the Ottawa Senators and the Toronto Maple Leafs at Scotiabank Place. "It's pretty exciting. I've never been on TV before," said Mikey after the taping. "It feels really exciting and I'm really happy for it to happen." JOE LOFARO/METRO

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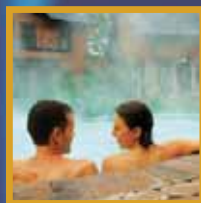


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Ashley's 'happiest' days

Troubled teen's early years. Smith always had 'a smile on her face,' her adoptive mother tells inquest

A homebody. An independent child who always had a smile on her face.

The adoptive mother of Ashley Smith painted this happy picture Wednesday of the troubled teenager who strangled herself in her prison cell.

"You never saw that girl without a smile on her face," Coralee Smith testified at the Toronto inquest into Ashley's death. "Most of her life, she was smiling and happy."

Coroner's counsel Marg Creal asked what Ashley liked.

"Oh my goodness, what

did Ashley like? Quiet time and doing her own thing. She loved her doll," Smith answered, her hands twisting a piece of paper. "Ashley was very independent."

Ashley was 19 when she strangled herself in her cell at the Grand Valley Institution in Kitchener as guards, ordered not to intervene, watched. She had spent most of her last three years in segregation cells.

Coralee Smith, of Moncton, N.B., described how she and her husband of two years, Harold, adopted Ashley as a three-day-old in 1988.

The relationship with Harold soon ended, and Smith got involved with Herb Gorbier when Ashley was about three and a half years old.

Ashley became obsessed with knowing details of her parentage, Smith testified.

In Grade 9, Ashley was expelled for disruptive behaviour. She saw a psychiatrist. "She opined Ashley was just a normal teenager," Smith said.

At the start of Smith's evidence, coroner Dr. John Carlisle expressed "heartfelt and sincere condolences" for her daughter's death.

THE CANADIAN PRESS



Coralee Smith, the adoptive mother of Ashley Smith, walks with lawyer Julian Falconer into the Toronto coroner's court on Wednesday. The inquest heard that Ashley wanted to know about her adoptive father, but Smith said she didn't have much information to give her. MICHELLE SIU/THE CANADIAN PRESS

Infamous hotel

Woman's body sparks mystery

Police were trying to determine Wednesday if the death of 21-year-old Elisa Lam of Vancouver, whose body was found wedged into a water tank atop a Los Angeles hotel, was the result of foul play or an accident.

The downtown Cecil Hotel was the home of serial killers such as Richard Ramirez, the Night Stalker, and Austrian Jack Unterwiesing, convicted of murdering nine prostitutes. THE ASSOCIATED PRESS

Probe demanded

Tories gagging scientists: Groups

The Conservative government is being accused of suppressing the release of scientific information.

The Environmental Law Centre at the University of Victoria and Democracy Watch are asking the federal information commissioner to investigate efforts to obstruct access to government scientists. THE CANADIAN PRESS

Quoted

"I'm too fat and I have acne."

Ashley Smith, talking after a session with a psychiatrist, according to Coralee Smith, her adoptive mother.

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Hear ye, hear ye. Scientists craft an ear using 3D printer and living cells

Printing out body parts? Cornell University researchers showed it's possible by creating a replacement ear using a 3D printer and injections of living cells.

The work reported Wednesday is a first step toward one day growing customized new ears for children born with malformed ones, or people who lose one to accident or disease.

It's part of the hot field of tissue regeneration, trying to regrow all kinds of body parts. Scientists hope using 3D printing technology might offer a speedier method with more lifelike results.

If it pans out, "this enables us to rapidly customize

implants for whoever needs them," said Cornell biomedical engineer Lawrence Bonassar, who co-authored the research published online in the journal PLoS One.

This first-step work crafted a human-shaped ear that grew with cartilage from a cow, easier to obtain than human cartilage, especially the uniquely flexible kind that makes up ears. Study co-author Dr. Jason Spector of Weill Cornell Medical Center is working on the next step — how to cultivate enough of a child's remaining ear cartilage in the lab to grow an entirely new ear that could be implanted in the right spot.

THE ASSOCIATED PRESS



Biomedical engineer Lawrence Bonassar holds the scaffolding for an ear his lab is creating using a 3D printer. LINDSAY FRANCE/CORNELL UNIVERSITY/FILE



Jason Leigh, co-inventor of the CAVE2 virtual-reality system, poses with his 3D glasses. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Futuristic shades

Virtual reality. 3D glasses could change the way doctors are trained and improve patient care: Inventor

Take a walk through a human brain? Fly over the surface of Mars? Computer scientists at the University of Illinois at Chicago are pushing science fiction closer to reality with a wrap-around virtual world where a

researcher wearing 3D glasses can do all that and more.

In the system, known as CAVE2, an eight-foot-high screen encircles the viewer 320 degrees. A panorama of images springs from 72 stereoscopic liquid-crystal display panels, conveying a dizzying sense of being able to touch what's not really there.

"CAVEs are essentially fantastic lenses for bringing data into focus," said Jason Leigh, co-inventor of the CAVE2 virtual-reality system.

Pharmaceutical researchers could use it to model the way new drugs bind to proteins in the human body. Car designers could virtually "drive" their new vehicle designs.

But the size and expense of room-based virtual-reality systems may prove insurmountable barriers to widespread use, said Henry Fuchs, a computer science professor at the University of North Carolina at Chapel Hill, who is familiar with the CAVE technology.

THE ASSOCIATED PRESS

Racist parent

Black nurse not allowed to care for newborn: Suit

An African-American nurse claims a Michigan hospital agreed to a man's request that no black nurses care for his newborn.

Forty-nine-year-old Tonya Battle tells the Detroit Free Press she didn't know how to react when she learned about the request in October at Hurley Medical Center in Flint. Battle sued last month in Genesee Circuit Court seeking punitive damages.

THE ASSOCIATED PRESS

Paganism in prison

Wiccan criminals have new hope for spiritual guidance

A U.S. federal appeals court has given new life to a decades-long battle by Wiccan inmates for access to a full-time chaplain. The California court overturned a trial judge's dismissal of a Wiccan prisoner lawsuit seeking the same rights as other religious practices.

THE ASSOCIATED PRESS

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The question now is whether the troubled testimony will be enough to convince the chief magistrate to deny Oscar Pistorius bail. THEMBA HADEBE/THE ASSOCIATED PRESS

Prosecution falters in Pistorius case

Murder charge. Police offer shaky testimony, admit forensic blunders

The prosecution case against Oscar Pistorius began to unravel Wednesday with revelations of a series of police blunders and the lead investigator's admission that authorities have no evidence challenging the Olympian's claim he killed his girlfriend accidentally.

Detective Hilton Botha misjudged distances and said testosterone — banned for professional athletes in some cases — was found at the scene, testimony the prosecution later withdrew, saying the substance was still being identified.

The second day of what was supposed to be a mere

Accusation

Authorities are selectively taking "every piece of evidence to try to extract the most possibly negative connotation and present it to the court."

Barry Roux, defence attorney

bail hearing resembled a full-blown trial for the 26-year-old double-amputee, with his lawyer, Barry Roux, tearing into Botha's testimony.

Police, Botha acknowledged, left a 9-mm slug from the barrage that killed Reeva Steenkamp inside a toilet and lost track of illegal ammunition found inside the house. And the detective himself walked through the crime scene without protective shoe covers, potentially contaminating the area.

Pistorius says he mistook Steenkamp for an intruder,

while prosecutors say he planned the killing and attacked her as she cowered behind a locked bathroom door.

The day seemed to start well for the prosecution: Ballistic evidence, Botha said, showed the bullets that killed her had been fired from a height, supporting the prosecution's assertion that Pistorius was wearing prosthetic legs when he took aim. The athlete has maintained he was standing on his stumps, and felt vulnerable as he fired from a low position.

Projecting a diagram of

the bedroom and bathroom, prosecutor Gerrie Nel said it showed Pistorius had to walk past his bed to get to the bathroom and could not have done so without seeing that Steenkamp was not asleep.

Testimony began with the prosecutor telling the court that before the shooting, a neighbour heard "nonstop" shouting at Pistorius' home.

However, Botha later said under cross-examination that the witness was in a house 600 yards away, possibly out of earshot. He cut that estimate in half when questioned again by the prosecutor.

Still, Botha offered potentially damaging details about Pistorius' past, saying the athlete was once involved in an accidental shooting at a restaurant in Johannesburg and asked someone else "to take the rap." **THE ASSOCIATED PRESS**

Accused applied for more guns

Oscar Pistorius applied for firearm licences for six more guns weeks before the shooting death of girlfriend Reeva Steenkamp, according to records obtained by The Associated Press.

The applications were made Jan. 22, three weeks before Pistorius shot his girlfriend dead with a licensed 9-mm pistol.

In details obtained from the

South African Police Service's National Firearms Center, Pistorius applied for licences for a Smith & Wesson model 500 revolver, a .38-calibre Smith & Wesson revolver, a Vector .223-calibre rifle and three shotguns: a Mossberg, a Maverick and a Winchester.

The details were provided by two officials at the govern-

ment department. They refused to give their names because they were not authorized to speak to the media.

Pistorius registered the handgun used in the killing for self-defence, the firearm centre officials said. The six outstanding applications listed those guns for his private collection.

THE ASSOCIATED PRESS

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Java
Java applets sound familiar? Calgary-born and educated James Gosling, along with partners Mike Sheridan and Patrick Naughton, brought us the now-widely used computer language, Java, which first rolled out to the public in 1995, is a computer language that can run on various platforms without having to be reconfigured.



Insite
North America's only legal supervised injection site is considered by many to be a great social innovation. The controversial program operated by B.C.'s Health Ministry and located in

Vancouver's Downtown Eastside provides a health-focused site for injection drug-use (heroin, cocaine, morphine). The clinic doesn't provide drugs but helps administer addiction treatment, mental health outreach and first aid to an area of the city with rampant drug use.



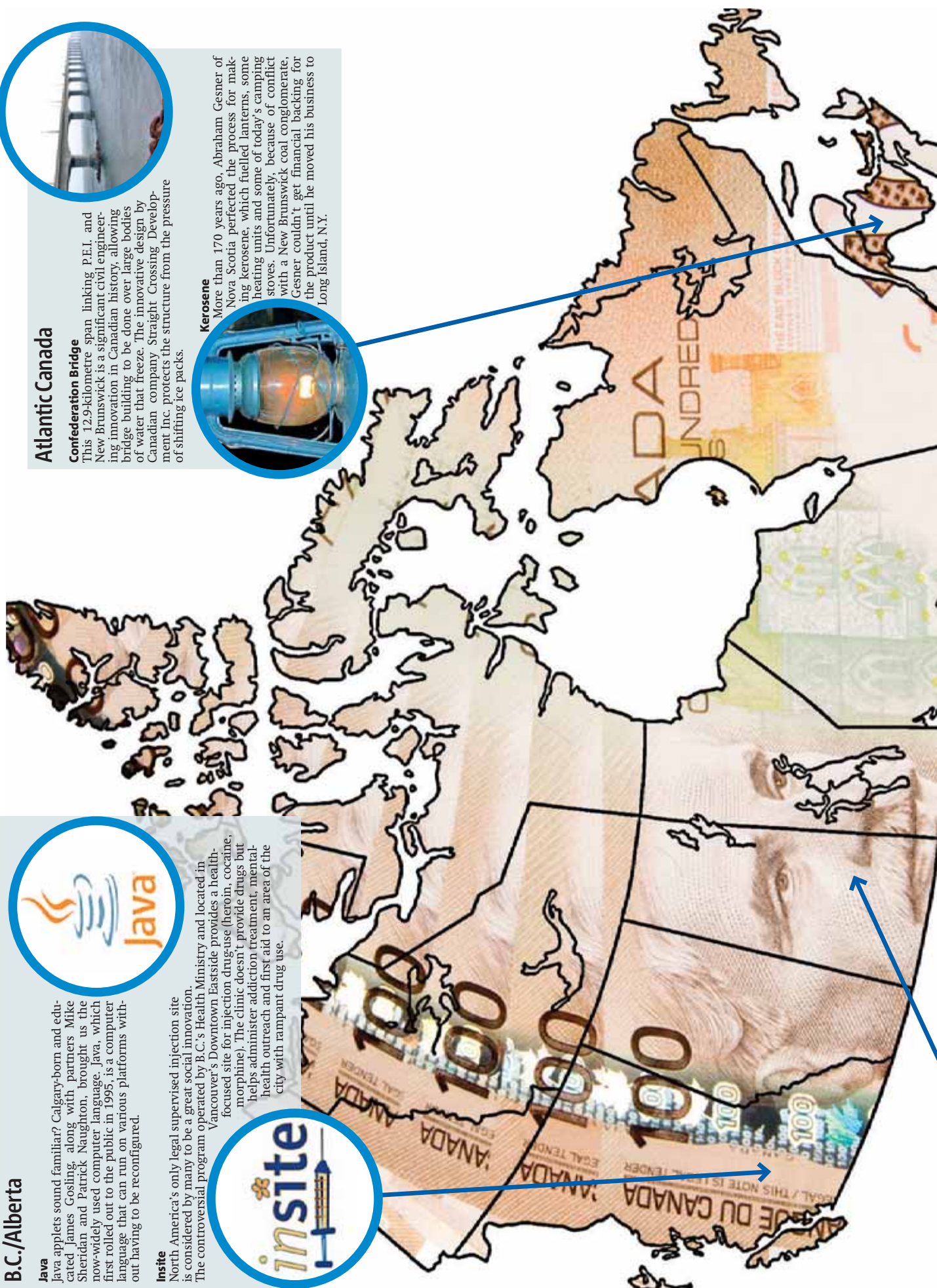
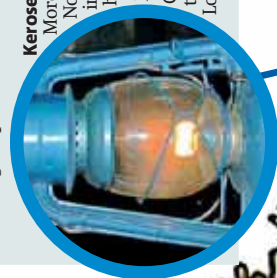
Atlantic Canada

Confederation Bridge
This 12.9-kilometre span linking P.E.I. and New Brunswick is a significant civil engineering innovation in Canadian history, allowing bridge building to be done over large bodies of water that freeze. The innovative design by Canadian company Straight Crossing Development Inc. protects the structure from the pressure of shifting ice packs.



Kerosene

More than 170 years ago, Abraham Gesner of Nova Scotia perfected the process for making kerosene, which fuelled lanterns, some heating units and some of today's camping stoves. Unfortunately, because of conflict with a New Brunswick coal conglomerate, Gesner couldn't get financial backing for the product until he moved his business to Long Island, N.Y.



Central Canada

Instant replay

As Canadian as Saturday night hockey in our homes, so too is the instant replay we see on all the great goals. Hockey Night in Canada producer George Retzlaff first pioneered the slow-mo instant replay during a 1955 broadcast.

The replay broadcast several minutes after the initial play.

Pablum

A staple in any home with toddlers, pablum, the cereal paste with all sorts of nutritional value, was developed at the Toronto Hospital for Sick Children in 1930. The soft cereal, and others like it, is still widely used all over the world.



Prairies

Garbage bag

One man's trash is another man's treasure. In 1950, Winnipeg engineer and industrial designer Harry Wasylyuk and his partner Larry Hansen developed the first commercial disposable green garbage bag. The first bags were sold to the Winnipeg General Hospital. The invention was later purchased by Union Carbide, which brought us Glad garbage bags by the 1960s.

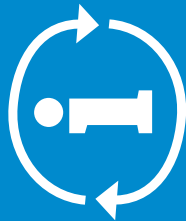


Air ambulance

Peace of mind in emergency situations was given a big boost in the mid-1940s with the start of the Saskatchewan Air Ambulance Service (SAAS). It was the first non-military, government-operated air ambulance service in the world to take flight. It allowed emergency crews access to remote areas to provide service where ground ambulance was unavailable. Air transport is now used as a regular emergency services regimen around the world.



Canada Innovates



Part 2

Notice anything different? Part 2 of Metro's look at innovation in Canada is laid out with a vertical design.

Not only does it enable a clean, sharp look at some of Canada's best ideas and the people who brought them to us, but it also serves a practical purpose.

The vertical layout is an idea born in the tight confines of mass transit, where you often bump elbows with your neighbour on the train or bus. Reading a paper this way can take up less space, giving those around you more.

Do you like it? Send us an email at readers@metronews.ca or tweet @MetroNewsCanada with your thoughts.

Tomorrow, we punch in a few key words in our design as we look at past failures and innovative ideas for solving them.

Exclusively online

Not every invention ever made is a hit. Visit metronews.ca/badideas for our gallery of the worst inventions ever.

Patience, collaboration and perseverance: Four grassroots innovators come up with new solutions to old problems.

DARREN KRAUSE/METRO

Heather Young — Young Associates

ALLOWED UNORGANIZED GROUPS TO FOCUS MORE ON ART

At first, Heather Young didn't know much more about arts administration than the students she taught at Humber College in Toronto 20 years ago. But what she quickly learned while trying to teach sound fundamentals of arts management was that hard information on the topic was difficult to muster — let alone make available to budding artists and art groups. As good innovators often do, she saw a need and filled it. Young crafted her own materials, including Finance for the Arts in Canada, a textbook and reference guide to aid in running an arts organization. Her company, Young Associates — with a staff of 12 — now serves as a financial management resource for 90 Toronto companies. She's soaked in years of knowledge working with arts groups in the city — something she believes is essential for innovation.

"Get to know your subject area as intimately as you possibly can," she said. "You need to know the upsides and downsides of what you're working on ... and in particular the gaps in the available supports."



Arts

Christine Causing — Edmonton Next Gen

HELPED GENERATE CREATIVE IDEAS THROUGH CONNECTING CREATIVE MINDS

There are ideas aplenty. But bringing like-minds together helps incubate those ideas and connect people with partners who can really make things happen.

That's the idea behind successful Pecha Kucha events, like those held in Edmonton under the leadership of Christine Causing, co-ordinator for Edmonton Next Gen.

Next Gen's mandate is to create "a hub for connecting people, places, community and ideas together," something Causing believes is essential for an idea to move forward.

"It's all about exposure for ideas," said Causing, who has helped steer 14 successful Pecha Kuchas since 2007, with a 15th slated for the first week of March. "It starts a whole conversation about an issue or an idea or even something city council should be doing."

Sometimes it's the planting of a seed, said Causing. Sometimes it's a conversation or awareness about something happening in the community. Creating a space where ideas and individuals collide stimulates further innovation. "It brings people together to share ideas," she said. "You can meet people who are directly involved in making things happen in the city." For more information, visit edmontonnextgen.ca.



Collaboration

4 Faces of Canadian innovation

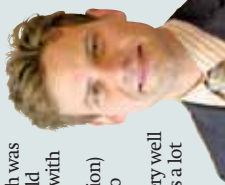
Dr. Michael Montgomery — Kinetica

HELPED BUILDINGS STAND UP TO EXTREME WEATHER

In his words, it's a simple application for a long-standing problem. Working on his PhD at the University of

Toronto, Dr. Michael Montgomery was looking for ways to safely limit the vibration of buildings in earthquake and high-wind situations. Montgomery sought to replace stiff, mediocre-performing reinforced concrete with high damping rubber in between steel plates throughout the structure of the building, effectively absorbing energy triggered by high winds or earthquakes. The technology has been used elsewhere, but never caught on in North America. Montgomery refined the configuration of an older system, which was initially retrofitted to an extent in the World Trade Centres back in the '70s, to come up with a new solution for modern buildings.

"One of the key things for this (innovation) was to be practical," said Montgomery, who is now CEO of the Toronto-based company Kinetica. "If you understand an industry very well and you know what's currently lacking, it's a lot easier to develop something practical and meaningful."



Terry Bigsby — Aspenware

MADE CANADIAN MEALS MORE GREEN BY INTRODUCING ECO-FRIENDLY CUTLERY

For woodshop instructor-turned entrepreneur Terry Bigsby, innovation was a long-term labour of love. In 1997, Bigsby saw the merit in a German wood cutlery product for its eco-friendly qualities but got a rude awakening when he travelled to the Fatherland only to hear the \$50-million price tag to import the technology to Canada. That's when he set to work on a made-in-Canada solution.

Multi-award-winning Aspenware's compostable, single-use wood cutlery is textbook innovation. Bigsby's team of 15 collaborated over the next decade to develop a worldwide patented process to produce biodegradable wood cutlery faster, more efficiently and using source material typically not desired in the production of wood tools. He now produces cutlery 10 times faster than the German system he sought 15 years ago. Bigsby, president of the Vernon, B.C.-based company, said he could talk for hours on the lessons he's learned being a passionate innovator — from being ready for the "curve ball" to not being greedy. The one piece of advice he believes is most valuable for innovators is to see things through. "It's the stick-to-itiveness," he said. "If you have an idea that has value and merit — stick to it." Visit aspenware.ca.



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One in 4 Canadians are tablet owners

Usage trends. Survey finds we're most likely to use these 'mobile' devices at home

The iPad is still king; those addicted to their tablets read more news and stream more video; and the popular gadgets are mostly used at home, even though they're often called "mobile" devices, says a new report that details how Canadians are adopting and using tablets.

According to the report by the Media Technology Monitor, a research product of the CBC, an estimated 26 per cent of the population had a tablet as of last fall. Tablet ownership had more than doubled in a year and was up from just five per cent in the spring of 2011.

Of the tablet owners, almost two-thirds had an iPad, while about 15 per cent each had purchased either a BlackBerry PlayBook or a Google Android device.

Owners of iPads were found to be the most enthusiastic about their purchase.



Tablet ownership in Canada has more than doubled in the space of a year, according to a Media Technology Monitor report.
CHRISTOPHER FURLONG/GETTY IMAGES

Market Minute



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TSX
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GOLD
\$1,578 US (-\$26.20)

Natural gas: \$3.28 US (-1¢)
Dow Jones: 13,927.54 (-108.13)

Homebody habits

82%

Tablets may be classified as mobile devices, but people largely use them at home. The survey found 82 per cent used tablets most around the house, compared to just eight per cent at work, two per cent at school or while travelling, and one per cent either in a coffee shop or restaurant, in the car, or on public transit.

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A 'BOONE' FOR BACHELOR DECOR



HE SAYS...
John Mazerolle
metronews.ca/voices/
he-says

A friend recently visited my apartment for the first time. She made note of my bare, white walls, my mattress lying directly on the floor, my rooms devoid of paintings, plants or pillows and asked: "Oh, when did you move in?"

I paused: "Three years ago."
Her stare was as blank as the walls.
At first I was embarrassed. I thought to myself, "Self, you need to decorate your bathroom with more than a toothbrush. You need more than five spices to spice up your kitchen. In the living room, you need fewer pizza boxes and more pizzazz."
But I changed my mind when I looked online. Most decorating sites showed bachelor apartments that were attractive, yes, but were also huge, immaculately decorated, and overlooking some cityscape or other. These were the kinds of places where you need to use a remote control just to reveal where the TV is hidden. Even inexplicably rich characters on New York-based sitcoms couldn't afford these places. These are, at minimum, lairs for Bond villains.
My embarrassment faded. My current apartment was just fine, thank you.
I still see the value of a nice apartment, mind you, but I think a few easy changes can make all the difference, as you'll see.

John's Tips for Bachelors for Decorating for Cheap for Dummies

How to add a touch of class

Empty wine bottles can look handsome in any living space.... A collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

- 1) Empty wine bottles can look handsome in any living space. For instance, a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.
- 2) Don't like the colour of your bathroom tile? Wait.
- 3) Savvy decorators use floating shelves to show off mementos, such as commemorative quarters or favourite Bazooka Joe comics. IMPORTANT: Please note that floating shelves do not float, despite the name. Some of us learned the hard way.
- 4) If you find an infestation of insects, remember that they add personality and much-needed hi-jinx, unless Disney and Pixar have been lying to us all these years, which seems unlikely.
- 5) A mirror will make your place look bigger to simpletons. Have guests over and leave them thinking you're twice as popular as you are, but don't let them wander off to the "party" in the "second living room."
- 6) Mirror not fooling you? Make your space seem bigger by getting wee furniture and whistling The Friendly Giant theme all day.

As you can see, making your bachelor pad a happy place is mostly about attitude.
The austere walls of my apartment are minimalist art, I've decided; an unadorned white canvas upon which you can project your great hopes (world peace) or your worst fears (ghost in a snowstorm).

Or perhaps it's a cultural critique of materialism — why do mattresses need elevation, really, except as a sign of our Western insecurities?

Or maybe it's cutting-edge fashion, with the cool, clean lines bringing to mind the futuristic esthetics of a Constitution-class starship. (Nothing says "I'm a bachelor" like passing references to Star Trek technology.)

The real trick is seeing things in the right light. So if you still hate your place, wait till night, turn off all the lights, and pretend you live some place better.

And if you're still not happy, there's always Boone's.



Birds of the weather



CHINAFOOTOPRESS/GETTY IMAGES

For all the snow in China

Guard's break shapes up nicely

This man took his eye off the bank he was minding to do something a little more creative. Security guard Du Jinqian made the most of recent wintry weather in Hangzhou, eastern China, and crafted some dainty birds out of snow. During a work break, he built over a dozen snow chickens and one snow goose on the steps of the bank. **METRO**

Tallying winter's toll

60 cm

Heavy snow has fallen across eastern China, causing disruptions to airports and roads. Some 60 cm of snowfall led to the closure of Nanjing Lukou International Airport for more than 12 hours.

90

Ninety houses collapsed and 114 others were damaged due to heavy snow.

\$13.38M

The resulting economic losses totalled \$13.38 million, China Radio International reported.

Assembly required

At work: Fruit peels and a cocktail stick

To create his avian masterpieces, Jinqian used snow and ice collected from nearby parked cars. The guard added discarded bits of fruit and other food items to form the sculptures' eyes and beaks. Jinqian used what looked like a long wooden cocktail stick to provide the finishing touches to his handiwork. Passersby stopped to take photographs of the guard. **METRO**

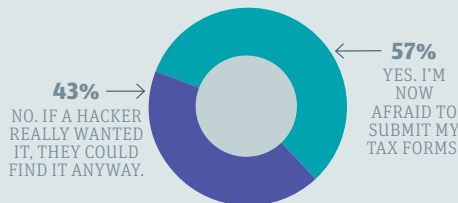
The Hangzhou of it

- **Wealth.** Capital of Zhejiang Province. With its fertile farmland, Zhejiang is China's wealthiest province.
- **Famous visitors.** Marco Polo described Hangzhou as "the greatest city which may be found in this world."
- **'Protestant' work ethic.** Reports claim Hangzhou's famed entrepreneurial spirit is due to the high number of Christians living there.



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Twitter

@bilmer: Picture Me is such a good movie, makes me see the modeling world on a whole different level. Newfound respect for these long legged beauts!

@MohMoose: @CmonLeafs I don't know about Spezza level, but this is his rookie year. He's gonna be a really good player.

@AmerReda: #PlaystationMemories trading

my PS2 for an Xbox to my cousin and immediately regretting the decision

@67sinsider: They finally decided it was a good goal

@canadiancynic: So the Harper Govt that thought \$2M/yr was too much for Experimental Lakes Area is fine blowing \$5M/yr on Office of Religious Wanking.

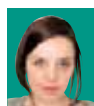


StillNative — comprised of drummer Max Savage (left) and guitarist/vocalist Patrick Steele — create soulful, heavy riffs and grooves they call “RawBeat.” CONTRIBUTED

A down ‘n’ dirty blues debut

StillNative.

Hardworking Ottawa blues-rock duo set to release their first album this Friday



BACKSTAGE
PASS
Jen Traplin
ottawa@metronews.ca

Shake your boots and get down to Ottawa’s newest blues-rock duo, StillNative, as they release their debut album this Friday at Mercury Lounge.

Made up of guitarist/vocalist Patrick Steele and drummer Max Savage, any fans of

the Black Keys will be all over their greasy blues-rock sound. “Our debut album definitely oozes that,” said Steele. “This release party marks over a years’ worth of work and tough love.”

Just like the Black Keys, there is no bass player, but it is hardly noticeable for the slick beats being pumped out of their gear. The band formed in May 2011, but by day teach at a music academy. “We call ourselves RawBeat,” said Steele of a term that sums up their “groove-based” sound.

The 10-track, self-titled record goes from fast jams that will get people moving on the dance floor like Shake Your Boots to songs with romantic pining lyrics supported by dirty guitar licks and hard hit-

ting percussion like Suzy Q.

The intensely energetic album was recorded live off-the-floor last November from their home studio in a 30-hour recording spree. A highlight for the heartbroken is No Steam, a song that features a female backing vocalist and a thick-with-attitude vocal delivery from Steele.

StillNative is no stranger to the spotlight, having recently played Ottawa Fashion Week for a second time.

“It certainly feels funny to be walking around all these fashion types with a jean jacket, torn leather boots and a guitar, but I can dig spending the evening with a bunch of models,” said Steele.

They’ll get used to the attention with an ambitious

Attack and release

“The Black Keys are a big inspiration on our sound and we’ll be the first to tell you (that).”

Patrick Steele, guitarist/vocalist for blues-rockers StillNative

summer tour taking them from Toronto right out to the East Coast.

“Ideally this album will help us get into the festival circuit,” said Steele. One gets the sense that these guys were born to play on the Bluesfest Stage.

“We’re the kind of band that believes live performance is king. We have played over 60 shows in Ontario,” said

Details

- StillNative with Miss Polygamy, Feb. 21 at Mercury Lounge, 52 Byward Market Square.

- Doors are at 8:30 p.m. with music starting at 9 p.m. \$8, 19 plus. For more info, visit stillnative.com.

Steele.

As to what audience members can expect this Friday, Steele guarantees a raucous show. “We push ourselves extremely hard in rehearsals to work out the tightest and most explosive arrangements for our live sets.”

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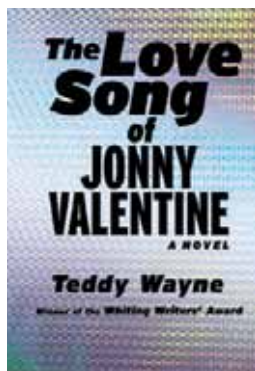
ALISON BOWEN
scene@metronews.ca

Meet Jonny Valentine: an 11-year-old pop star who worries about his "chub," hitting puberty and career longevity.

In *The Love Song of Jonny Valentine*, author Teddy Wayne gives us a sly peek behind the velvet rope of a young pop star.

Sort of inspired by Justin Bieber, the book delights in mocking an American society obsessed with nubile stars. But it also strikes serious chords, examining what that obsession does to the pint-sized pros themselves.

Some serious moments



even eerily parallel Bieber news stories after Wayne wrote the book, like violent threats and a marijuana scandal. Wayne, 34, talked to Metro about prepping through celeb glossies and guitar strums.

The book is based on Justin Bieber. How many front-row concert seats did you buy to research?

I ended up not going to any. I didn't want to be too beholden to the reality of Bieber concerts. I did watch his documentary film. It's entertaining, it's his own official documentary but he's savvy and smarter about his image than you'd think, than the normal teen pop star. I watched a lot of amateur (Youtube) concert footage.

How did you get the idea for the book?

There wasn't really a "eureka" moment. I'd been tutoring kids in Brooklyn once a week, and at the same time, — I'd been working on a novel that was going nowhere. One time, I saw one of the girls reading Miley Cyrus' book, *Miles to Go*, and it must have landed in my subconscious because a week later, a friend asked if I had any ideas. I said, "How about we parody these teen pop star biographies?" An hour later, I realized if I treated this with more gravity it could make a more serious novel.

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Dark Skies hint at bright future

Interview. Toronto teen gets to explore his interest in aliens in his most grown-up role yet

STEVE GOW
scene@metronews.ca

At 13, Dakota Goyo is already drawing designs on a career at an age when most other kids can't even decide whether or not to do their homework. In the case of Goyo however, that meant taking on a decidedly more "mature" role in the new thriller *Dark Skies*.

"Everything (I've done) is just like a normal boy and in this film, I'm sort of going into my teenage years and he's dealing with some tough stuff," said the Toronto actor recently during an interview to promote the psychological drama, which opens in theatres this Friday.



Keri Russell and Dakota Goyo star in *Dark Skies*. HANDOUT

"I wanted to push myself to the fullest extent I could."

He may still be in his teenage years but Goyo is quickly bolstering his filmmaking experience with such cinematic fare as *Reel Steal*, *Thor* and last year's *Rise of the Guardians*.

With *Dark Skies* however, Goyo is not only introducing himself to older moviegoers, but the scary tale about a family being targeted by

beings from outer space allowed him to explore his own curious interests — extraterrestrials.

"I do (believe in them)," admitted Goyo before supplying a succinct argument. "There's billions of stars out there and stars belong to a galaxy. You'd think there's (something out there) besides us."

The film also explores that rationale but imagines such frightening and mysterious scenarios as peculiar lapses of memory and devilish, nighttime visits from the intrusive aliens — a premise that is certainly not without its own share of terror.

"I love scary movies," said Goyo, providing another simple argument for starring in *Dark Skies*.

"I watch them with my friends a lot and I like seeing my friends scream. They don't scare me that much but it's the feeling that it gives you — that butterfly (in your gut) feeling — I like that."



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Man claims daughter is Spears' ghost singer on new album

Britney Spears is no stranger to charges that she lip-syncs during concerts and awards show performances, but now the former X Factor judge is accused of lip-syncing in the recording studio, according to Star magazine. "My daughter sings for Britney Spears," Murray Langston tells the magazine, claiming that his daughter, Myah Marie, sang seven songs for Spears on her *Femme Fatale* album — and was only paid \$1,000 per song. "The truth is, Myah can sound just like her. She has a knack."



Britney Spears. ALL PHOTOS GETTY IMAGES



Alec Baldwin

Baldwin denies racist spiel against photog

Alec Baldwin is vehemently denying allegations that he peppered a paparazzo with racial epithets during a heated exchange outside his Manhattan apartment, according to E! News. A photographer working for the New York Post claims that Baldwin called him "a crackhead," "a coon" and

"a drug dealer" during the altercation. "The claim of racist remarks is one of the most outrageous things I've heard in my life," Baldwin says. "I've certainly had my moments. But this is not one of them. I don't think I've ever uttered a racial epithet to someone in my lifetime."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



MAC and Rihanna team up

THE WORD
Dorothy Robinson
scene@metronews.ca

Face it, this is Rihanna's moment. The pop star dazzled in Azzedine Alaïa at the Grammys, made headlines with her controversial date, Chris Brown, and launched her first collection with U.K. high street retailer River Island during London Fashion Week. Yesterday — on her 25th birthday, no less — it was announced that she's teaming up with MAC cosmetics on four collections that will hit stores later this year. It's the first time the cosmetics

giant will collaborate with one celebrity on multiple lines.

According to an exclusive interview with WWD, the first product up will be RiRi Woo, a lipstick inspired by MAC's best-selling red, Ruby Woo, Rihanna's favourite.

So how does the pop star feel about all the multitasking? "Being creative is something that I love, so I can put that into different outlets. Music happens to be the first thing that I gravitated to and now music opens doors to just so many different opportunities — they all tie in," she says. "My makeup looks, my fashion looks ... they help me to express myself as an artist. I think it helps people to understand me or my mood, my story."

Did you hear that? Apply RiRi Woo and apparently you'll understand why she's still with Chris Brown.

Twitter



@TheRealRoseanne

giving my first interview to high times this week.



@Rosie

We Stanley steamed a carpet - and now the house smells like my Nanas toni home perm - from 1971



@Pink

Mary Poppins is f---ing incredible. Still, Julie Andrews dammit. You just made my lullabies look like a sad sad semi-horse karaoke sesh.



@AlbertBrooks

"Can't wait to see A Good Day to Die Hard" said the man who fell off a motorcycle and really hurt his brain.



Mila Kunis

Kunis game for a That '70s Show reunion

If Mila Kunis' current relationship with Ashton Kutcher didn't make it clear enough, the actress says that yes, she is up for a full-on That '70s

Show reunion. "I'm more than game for it," she tells E! News. "I've said it before, I would love to do it. Why not? I loved it. It was eight years and they were eight amazing years of my life." The kitschy sitcom went off the air in 2006 after airing 200 episodes. Kunis and Kutcher continue to be the most successful members of the show's young cast.

bug beauty

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A model walks the runway at the Vivienne Westwood Red Label show during London Fashion Week Fall/Winter 2013/14 at the Saatchi Gallery on Sunday. IAN GAVAN/GETTY IMAGES

Welcome to the wild world of Westwood

Vivienne Westwood.

The designer gives Metro a pre-show interview during London Fashion Week

RICHARD PECKETT
life@metronews.ca

Well, aren't London's galleries having a moment in London? Playing host are Tate Modern, Tate Britain and now the Saatchi Gallery in swanky Chelsea. The area is about as punk as Prince Charles these days, but it used to be home to Vivienne Westwood and Malcolm McLaren's "Sex" shop in the '70s.

I'm here to speak to Vivienne Westwood. Easier said than done, seeing as the PR reps have obviously taken tips from North Korea when it comes to media access. Ninety minutes pass by and the excitement amongst camera crews and reporters begins to wane (there are no chairs) and then she arrives. Has anyone been this excited to spend just a few minutes with a 71-year-old dame? I doubt it.

What kind of statement are you trying to make with this collection, particularly in relation to Julian Assange?

This collection's not got any strong political statement in itself — it's just here to help people look more attractive and more glamorous. I expect the message for the fashion is "quality is more important than quantity." Buy less,



Designer Vivienne Westwood wearing a Julian Assange T-shirt. IAN GAVAN/GETTY IMAGES

choose well, make it last.

The other thing is, I always use my fashion as a platform to talk out against the problems we face, which are so urgent at the moment. The most important thing is public opinion, which makes politicians change — particularly the message about climate change.

Climate change is caused by the rotten financial system we've got and we can all see what it's doing now. It's making everybody poorer, it's making a few people richer and that's what this system is designed to do and it destroys the earth. And we will not get a different set of values and a better economic system unless we tackle our problems through climate change. What is good for the planet is good for the economy. That's my message.

Are you anti-capitalism?

I don't know. This is something we have to work out. I mean, for example, there's far too much manufacturing in the world of total rubbish. If we want money to circulate, you could pay people not to work, which we do anyway, or you could make more money by paying teachers, for example. And yet, we are cutting down on all those things so that we can continue our old way of doing things, which is to manufacture so a few people can cream off the profits, destroy the earth and destroy the livelihoods of everybody else in the world.

Juergen Teller's latest exhibition features nude images of you. Do you find nudity liberating?

Well, thank you for the question. The thing is, I've worked with Juergen quite a bit. I do a lot of things for other people and Juergen asked me and of course I owe him a favour. He's a great photographer and we've had wonderful results from his stuff. And I must say that I'm quite honoured by the photographs — they are alright.

Would you ever do an interview naked?

No, not unless ... no, not even for Juergen. There's no point, is there?

To what extent is sex a factor in your work?

Well, my husband would love to have all the models naked just like the photographs of Helmut Newton. He just thinks they're amazing.

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Worried about what lurks in food dyes? Try making your own

How do I make my own food dyes?



QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Artificial food colouring — found in a variety of pre-packaged foods and purchased in plastic bottles to make baking technicolour — has been a cause for concern since the 1970s.

Although the potential effects linked to food colouring include scary associations — brain cancer and thyroid tumours — one commonly cited critic is an allergy-like reaction that causes hyperactivity.

Recurrent adverse health effects in the U.S. shrunk the list of approved food dyes from 15 in 1938 to the seven that remain today and although they've recently called for more research in this area, for now, the FDA holds that the food dyes on the market are safe. Health Canada concurs.

But not everybody does.



There is still a debate about the health effects of FDA-approved food dyes. ISTOCK

A 2007 British study found that healthy children who consumed a mixture of common synthetic dyes displayed hyperactive behaviour within an hour of consumption. In the U.K., foods containing artificial colours must now display warning labels.

Moreover, concerned individuals — especially parents — are taking action. The average kid-diet is loaded with food dyes, but the industry lacks in standardized labelling practices, leaving consumers to fend for themselves.

So what's a proactive citizen to do when occasions call for pink cupcakes? Some people are turning to organic

foods, which by definition are free of synthetic dyes. Others are voicing their concerns to food manufacturers and elected officials.

Still others are taking a DIY approach and making their own food dyes. It's easier than you think.

Easter's around the corner and the pastel hues of spring are the perfect trying grounds for homemade food dyes, which generally have a less vibrant tone than their artificial counterparts.

Use these recipes to colour frosting or bake into a favourite treat. Because natural food dyes are less concentrated than synthetic dyes,

you might need more colour than usual to achieve your desired tone. Reduce other wet ingredients slightly to avoid soggy results.

Regardless of colour, the steps are the same.

Method 1

In a pot combine any of the following colourful foods — chopped or grated — with just enough water to cover it. Bring to a boil for 15 minutes. Drain and cool. This results in a mild colour and almost no residual flavour.

Method 2

Juice or puree any of the following ingredients. This results in a more intense colour, and also a more intense flavour!

Red/pink: Beets, cranberries or raspberries (fresh or frozen), red zinger tea.

Yellow/orange: Carrots, onion, turmeric or saffron (Do not boil spices. Mix with water to make a thick paste.)

Green: Spinach (puree it, don't cook it), matcha powder, liquid chlorophyll

Blue: Blueberries (fresh or frozen)

Purple: Red cabbage

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▼ SCAN ME ▼

Entertain indoors or out in style

Entertaining outside hasn't quite arrived in Canada, but checking out what's new in summer entertaining gear is making me pray harder for the warm weather to come as soon as it can. This spring, look for bright citrus or Moroccan colours, a variety of matte and glossy finishes and inventive design styles being offered with acrylic and melamine tabletop. Chic looking enough to use inside or out, but with a price that won't break the bank, there's no excuse for boring summer entertaining. Get into the stores and stock up on some fun outdoor party gear and host a pre-summer patio party indoors — a great way to test some summer cocktails in style.

KARL LOHNES
life@metronews.ca



Stackable beverage dispenser with ice keeper

Serve a variety of chilled, pre-mixed drinks with an acrylic portable beverage station this spring; a great item for outside, but think of its year-long conveniences next Christmas too. \$80, thebay.com.



Clothespin Chopstick

Add some exotic, yet practical flair to your outdoor picnics with CB2's easy-to-use version of the chopstick. Yes, even grandma can now eat sushi. \$5, cb2.com.



Rhode Acrylic Goblet

Modern and durable, smoke-coloured drinkware add a sophisticated statement to the outdoor table. \$6.50, crateandbarrel.com.



Zak Orange Dinnerware

Bright citrus-coloured melamine dishes add a punch of satin colour to the table. \$5 to \$7 each, bedbathandbeyond.ca.



Zebag Wine Bottle Carry Case

Carry and display your wine in high style, this Zebag Wine Bottle Carry Case rolls out to display your wine. \$70, thebay.com.



Viva Collection Tray

Exotically colourful trays add a punch of style to the table. \$25, sears.ca.

NOTICE OF ANNUAL MEETING

The Annual Meeting of Alterna Savings and Credit Union Limited (Alterna Savings) will be held on Monday, April 15, 2013 at the Ottawa Convention Centre, Ottawa Room, 55 Colonel By Drive, Ottawa, Ontario. Registration will start at 4:00 p.m. and the meeting will start at 6:00 p.m.

The Annual Meeting is being held to:

1. Receive reports
2. Receive information respecting the financial position of Alterna Savings and the results of its operations
3. Appoint an auditor
4. Receive the results of the vote on the By-law amendments and on the Director elections.

More information on the agenda, the Board candidates and the recommendation of the Nominating Committee will be available at www.alterna.ca and at Alterna Savings branches on February 21, 2013. The audited financial statements, the report of the Finance and Audit Committee and the report of the external auditor will be available at the Alterna Savings branches and offices and at www.alterna.ca on April 2, 2013.

The members of record of Alterna Savings as at February 26, 2013 and 18 years of age or more may cast their ballot on the proposed amendments to the By-law and on the election of directors by using one of the following methods:

- Electronic vote, available from February 28 to April 10, 2013 at www.alterna.ca;
- In-branch vote at all branches of Alterna Savings, from February 28 to April 10, 2013, during normal business hours.

The members of record of Alterna Savings as at April 11, 2013 and 18 years of age or more may cast their ballot on the proposed amendments to the By-law and on the election of directors by using one of the following methods:

- Electronic vote, available from 4:00 to 6:00 p.m. on April 15, 2013 at www.alterna.ca;
- During the Annual General Meeting registration period from 4:00 to 6:00 p.m. on April 15, 2013 in Ottawa.

Members will need a passcode in order to vote electronically. Passcodes will be available through your online banking account or through your Alterna representative beginning February 28, 2013.

Members will be requested to provide identification to be eligible to vote.

Madeleine Brilliant
Corporate Secretary
February 21, 2013


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Caisse Alterna

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What is the best way to dry wet winter clothing? Can

I just throw everything in the dryer or do I have to let it stand and dry on the radiator? Please help!

Yes, it is very important to dry winter clothing when you come in for several reasons. First, putting on wet clothes is uncomfortable and does not keep you warm, and secondly, the wet clothing that does not dry out damages much faster. So what to do? Ideally,

you should find some space to hang the clothes, ensuring they don't touch anything else. A portable clothing rack is a good choice. If you put them in the dryer or over a heat source you will damage the item very quickly. So be patient, let the warm air of your home circulate around the garments and they should dry correctly and giving you longevity with your winter garments.

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REPAIR AND MAINTENANCE OF YOUR UNIT

It is the landlord's responsibility to maintain a rental unit and ensure that it is in good repair, even if the tenant was aware of problems in the unit before they moved in. However in some cases, the landlord may write into the lease that the tenant is responsible for maintenance.

The tenant is responsible for keeping the unit clean, up to the standard that most people consider ordinary or normal cleanliness. The tenant is also responsible for repairing or paying for any damage to the rental property caused by the tenant, their guests or another person living in the rental unit.

A tenant cannot withhold rent because their landlord isn't properly maintaining their building or unit. If the tenant withholds rent, the landlord can give the tenant a notice of termination for non-payment of rent and then file an application to evict the tenant.

If repairs are needed, a tenant should first talk to the landlord and let the landlord know what the problems are. The tenant should also describe all the problems in writing and give this to the landlord or the person that takes care of these problems (e.g. the superintendent or property manager).

If the landlord refuses to do the repairs or the tenant thinks that the landlord is taking too long to deal with them, the tenant has several options. See the Board's brochure on Maintenance & Repairs for information about what a tenant might do.

If a tenant files a Tenant Application About Maintenance with the Board, the tenant may also ask to pay some or all of their rent into the Board until their application has been decided. The tenant will have to justify why they should pay into the Board and not pay the landlord directly. It will be up to the Board to determine whether or not to grant the tenant's request.

It is the landlord's responsibility to make sure that the residential complex is kept in a good state of repair, fit for habitation and to comply with any health, safety, housing and maintenance standards. Failure to clear the snow may be a breach of municipal safety, housing or maintenance standards. These standards generally set out that it is the owner's responsibility to make sure that the property can be safely entered and exited. The Act does not deal with this issue. It would be up to a member to decide whose responsibility snow removal is, based on the circumstances presented in the specific application that is filed.

In the case of a mobile home park or land lease community, however, the Act states that the landlord must remove snow from the roadways.



ISTOCK

When a rental unit is offered to a new tenant, the landlord and tenant can negotiate how garbage and recyclable items from the tenant's unit will be collected. Once a procedure is agreed to, it cannot be changed without the consent of both the landlord and tenant.

If a landlord provides heat, the Act requires the landlord to keep the heat to at least 20 degrees Celsius from September 1 to June 15. In addition, many municipalities have their own property standards or bylaws about heat. You should contact your local municipal government to find out if your community has a bylaw that sets minimum standards for heat.

Heat is a vital service. If the landlord is responsible for providing heat and the landlord does not provide heat to the standards, the landlord may be committing an offence. You can call the Investigations and Enforcement Unit of the Ministry of Municipal Affairs and Housing at 1-888-772-9277 or 416-585-7214.

A landlord is not required by law to update a rental unit with renovations like carpeting and painting when a tenant moves in, or after a tenant has lived there for a certain number of years. The landlord is, however, responsible for providing and maintaining a residential complex and the rental units in it in "a good state of repair and fit for habitation." The landlord must also comply with any health, safety, housing and maintenance standards that apply to their property. So, for example, if the carpeting is unsafe because it is badly ripped and might cause someone to fall, the landlord may have to replace or repair it, no matter how old or new it is.

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Savoury and very saucy: Hunter's Chicken

1. In nonstick skillet, heat 2 tsp of the oil over medium-high heat; brown chicken, about 8 minutes. Transfer to plate.

2. In same skillet, heat remaining oil over medium heat; cook onion, stirring occasionally, until softened, about 5 minutes. Add mushrooms and garlic; cook, stirring occasionally, for 3 minutes.

3. Stir in chicken broth, to-

matoes, beans, tomato paste, Italian herb seasoning, salt and chicken and any accumulated juices; bring to boil. Reduce heat and simmer until thickened, 15 minutes. Stir in parsley.

4. Polenta: Meanwhile, in saucepan, bring 6 cups water to boil. Whisk in cornmeal, salt and pepper; simmer over medium-low heat, stirring often, until thick and stiff to stir, 10 minutes. Stir in butter.

Ingredients

- 1 tbsp olive oil
- 8 boneless skinless chicken thighs, cut in chunks
- 1 onion, chopped
- 8 oz (225 g) button mushrooms, sliced
- 3 cloves garlic, minced
- 1 cup sodium-reduced chicken broth
- 1 cup bottled strained tomatoes (passata)

- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 1 tbsp tomato paste
- 2 tsp Italian herb seasoning
- Pinch salt
- 1/4 cup chopped parsley
- Creamy Polenta**
- 1 2/3 cups cornmeal
- 1/4 tsp each salt and pepper
- 1/4 cup butter, cubed



This recipe serves four. JEFF COULSON

Cookbook of the Week

Eats that are easy on the wallet



When there's no room in your budget for luxuries, you can still eat like royalty at home, thanks to The Affordable Feasts Collection by The Canadian Living Test Kitchen.

Each chapter of the book focuses on a specific type of ingredient that's always reasonably priced: Red Meat, White Meat; Eggs, Beans & Tofu; Pasta, Noodles & Rice and Hearty Vegetables.

As a result, among the affordable delicacies are: Steak alla Pizzaiola, Pork Chops with Peppercorn Apples, Grilled Peanut Tofu Salad, Italian Stovetop Mac & Cheese, Sweet Potato Perogies and more.

METRO

Side. Roasted Roots Salad



This recipe serves six. YVONNE DUIVENVOORDEN

"Get back to your roots, but don't boil them — roast your in-season winter vegetables instead," suggest the editors of The Affordable Feasts Collection. "Serve with roasted meat, poultry or fish."

1. Trim tip off garlic and cut beets, carrots, sweet potatoes and celery root into 1-inch (2.5 cm) cubes; place in large bowl. Add oil, salt and pepper; toss to coat. Spread on large greased or foil lined rimmed baking sheet; roast in 425 F (220 C) oven, stirring once, until tender and potatoes are golden, 45 minutes.

2. Dressing: Squeeze roasted garlic pulp into salad bowl. Add mint, oil, vinegar and salt; mash together. Add vegetables; toss to coat. Serve hot.

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Ingredients

- 1 head garlic
- 4 beets, peeled
- 4 carrots, peeled
- 2 sweet potatoes, peeled
- 1 celery root (or 4 potatoes), peeled
- 3 tbsp olive oil
- 1/2 tsp each salt and pepper
- Dressing**
- 1/4 cup chopped fresh mint (or 1 tsp dried)
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/4 tsp salt

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photo credit: Ross Brown

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Our thanks to everyone who made our first annual WinterBrewed festival a great success and to the craft beer lovers who joined us! See you at National Capital Craft Beer Week this summer!

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photo credit: Ross Brown



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SPECIAL INFORMATION FEATURE

The Curd on the Street

Ontario cheese twist on French favourite.

VANESSA
SIMMONS
For Metro

Hailing from Stratford, Ontario Monforte Dairy, my cheese pick this week, Le Saler, is a rare find in Ot-

tawa (The Piggy Market or Il Negozio may be the only places that you can purchase this special cheese). Canadian pioneer cheesemaker Ruth Khlasen's take is a rustic, cow's milk cheese styled after traditional French Salers PDO (cheese speak: Protected Designation of Origin) cheese.

During the winter months, it is a slow time for

cheesemakers who make fine artisan cheese with seasonal milk, as they follow the natural order of life and process of pasturing. Milk production levels don't increase until new baby lambs, kids or calves are born in early spring and the mothers have had a chance to rest. A happy mother equates to excellent quality milk and the perfect beginning to stun-

ning artisan cheese.

Similar to handcrafted bandaged cheddar (but not able to be called 'cheddar'), Le Saler sports a dark, stone-coloured rind covering a pale straw interior who's crumbly texture shows evidence of original curd easily seen in the paste. Mild milk and earthy flavors mix with a hit of salt leaving a lingering creamy mouth feel behind.



Le Saler is a rare delicious find. VANESSA SIMMONS/FOR METRO



Melt your heart

SAMANTHA
EVERTS
For Metro

It might seem wild to include shawarma chicken with your grilled cheese, but that's exactly what Melt, Ottawa's first independent grilled cheese bar, is doing from their Rideau Street shop.

They have applied their culinary creativity to Elvis's favourite food: Grilled peanut-butter, banana and

bacon sandwiches. If you're visiting at 3 a.m. after a night out like we suspect the bulk of their student and clubber customers are, you might even sing like the king too when you bite into the gooey sandwich.

Set up similar to a Subway, all "melts" are customizable where you choose the bread, style of melt followed by the variety of cheeses and gourmet toppings. A mix of toppings not found at their

counterparts included spicy eggplant, even cranberries.

We started with the Canadian, Eh? a beautiful marbled rye bread with garlic butter was selected. Crispy strips of Applewood smoked bacon were tucked under thick slices of orange cheddar that was grilled in front of us as we waited. We added sautéed mushrooms and a smear of chipotle sauce. The flavours came together nicely with a nice crust forming

and geometric grill marks.

Thicker and larger bread slices would be welcome as it gets pressed thin in the grilling process.

Despite the friendly hipster behind the counter, Melt's interior is tiny with only about four stools facing away from the window making it cramped to dine in at. Be sure to eat your melt before it sweats too much in the takeaway box. Now smile, and say cheese.

Promotion Period February 2013

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NHL

Rough day for Ruff in Buffalo

Buffalo Sabres coach Lindy Ruff was fired on Wednesday after the team's latest slow start to the season and amid growing criticism



Lindy Ruff
GETTY IMAGES

from the team's fan base.

The announcement was made on the team's Twitter account and confirmed

on Wednesday.

The Sabres (6-10-1) have gone 4-10-1 since opening the season winning their first two games.

In his 16th season in Buffalo, Ruff was the active leader among NHL coaches with the same team. Ron Rolston, who was coach of the Sabres' AHL Rochester affiliate, will finish out the season as Buffalo's interim coach.

THE ASSOCIATED PRESS

Cycling

Armstrong won't go under oath to reduce lifetime ban

Lance Armstrong will not interview under oath with the agency that exposed his doping and took his seven Tour de France titles.

The U.S. Anti-Doping Agency told Armstrong he would have to reveal all he knows about doping in cycling — a process officials expected would take several days — if he wanted to reduce his lifetime ban from sports.

Wednesday was the latest deadline for Armstrong to decide on the USADA's offer. After negotiating with the agency for two months, the disgraced cyclist refused.

THE ASSOCIATED PRESS



Aaron Loup's unorthodox delivery could wreak havoc on opposing left-handed batters coming out of the Blue Jays' bullpen. RICK MADONIK/TORSTAR NEW SERVICE

Lefty Loup looks to scoop up spot with Jays

MLB. Aaron Loup, named last season's Jays rookie of the year, competing for limited openings in the pen

Quoted

"He's rare.... He really wasn't on the radar the year before and just blossomed last year."

Blue Jays pitching coach Pete Walker
on left-handed pitcher Aaron Loup

Asked about Aaron Loup's delivery, Jays pitching coach Pete Walker laughs before offering up "funky."

The Louisiana left-hander throws somewhere between side-armed and the normal overarm motion, releasing his ball about shoulder height. It's an effective style that has allowed the 25-year-old to skip Class-AAA ball altogether.

"Very, very difficult for left-handers to hit," said Walker. "It's no fun for a left-hander to

stand in there. But he's equally effective against right-handers. So he's got a different delivery, unorthodox and one very difficult to pick up the ball."

"Hitters aren't used to seeing that," added manager John Gibbons. "Especially lefties. It's a different look and any time you can throw different looks out there, that gives you an advantage."

Add "sneaky fast" to the funky delivery. Loup threw consistently in the low 90s last season, with his fastball as high as 94 and 95 miles per

hour.

Loup was called up mid-season in 2012 from Class-AA ball in New Hampshire and went 0-2 in Toronto with a 2.64 ERA, 21 strikeouts and just two walks in 30 2/3 innings.

The injuries that plagued Jays pitchers last year opened the door to the big leagues for Loup. And some earlier pitching refinements — dropping his delivery — helped him excel when he got there.

He made his debut at home to the Cleveland Indians on July 14, going two innings

without giving up a hit despite some major-league nerves.

"It was awesome," he said.

Listed at five-foot-11, Loup is the shortest of the 22 pitchers currently in camp. Next to six-foot-seven Josh Johnson, six-foot-six J.A. Happ or six-foot-five Steve Delabar, Loup is like the little brother just happy to be with the big boys.

Loup probably finds himself vying against Brett Cecil and Happ for a bullpen spot, depending on what role the Jays are looking to fill.

Gibbons sees Loup as a situational pitcher, brought in to take care of immediate business. Cecil can provide multiple innings while Happ is a starter who has been squeezed out by the additions of R.A. Dickey, Mark Buehrle and Johnson. **THE CANADIAN PRESS**

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4 SPORTS

Marino 'stepping away' from tennis



Rebecca Marino on Wednesday.
THE CANADIAN PRESS

Depression battle. Vancouver native holds news conference to help get rid of stigma attached to depression and mental illness

Rebecca Marino has decided she cannot battle opponents and depression at the same time.

The Vancouverite, who rose as high as the No. 38 women's tennis player in the world, announced Wednesday she's "stepping away" from the game due to an ongoing battle with mental illness, which she admits was exacerbated by some "really hurtful" comments she was subjected to on social media.

Marino, 22, told reporters on a conference call her depression stretched back six years.

Quoted

"The reason I'm stepping back is just because I don't think that I'm willing to sacrifice my happiness and other parts of my life to tennis."

Rebecca Marino, who said neither social media nor depression, which she said still prevents her from getting out of bed some days, is the main reason she's "stepping away" from tennis.

"Social media has also taken its toll on me."

Marino, who first took a seven-month break from the game beginning in February

2012, said while she believes "social media is actually a really important part of our society and there can be a lot of good that comes out of it"

it proved too "distracting" to her. She talked of receiving tweets that she should "go die," "go burn in hell" and had cost bettors lots of money.

Sylvain Bruneau, the head coach of Canada's women's national team and Fed Cup team captain, said in an interview that Tennis Canada is "very disappointed" by Marino's decision but remains fully supportive of her. **TORSTAR NEWS SERVICE**

THANKS TO ALL OF THE SKIERS, SUPPORTERS, SPECTATORS, VOLUNTEERS, PARTNERS AND ORGANIZERS WHO TOOK PART IN THE 35TH EDITION OF THE GATINEAU LOPPET.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	36	14	.720	—
New York	32	18	.640	4
Indiana	32	21	.604	5 1/2
Brooklyn	32	22	.593	6
Chicago	31	22	.585	6 1/2
Atlanta	29	22	.569	7 1/2
Boston	28	25	.528	9 1/2
Milwaukee	26	26	.500	11
Philadelphia	22	29	.431	14 1/2
Toronto	22	32	.407	16
Detroit	21	34	.382	17 1/2
Cleveland	16	37	.302	21 1/2
Washington	15	37	.288	22
Orlando	15	38	.283	22 1/2
Charlotte	13	40	.245	24 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	43	12	.782	—
Oklahoma City	39	14	.736	3
L.A. Clippers	39	17	.696	4 1/2
Memphis	34	18	.654	7 1/2
Denver	34	21	.618	9
Golden State	30	23	.566	12
Utah	31	24	.564	12
Houston	29	26	.527	14
Portland	25	29	.463	17 1/2
L.A. Lakers	25	29	.463	17 1/2
Dallas	23	29	.442	18 1/2
Minnesota	19	31	.380	21 1/2
New Orleans	19	35	.352	23 1/2
Sacramento	19	36	.345	24
Phoenix	18	36	.333	24 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS

Philadelphia at Toronto
New York at Indiana
Detroit at Charlotte
New Orleans at Cleveland
Philadelphia at Minnesota
Brooklyn at Milwaukee
Oklahoma City at Houston
Miami at Atlanta
Orlando at Dallas
Boston at L.A. Lakers
Phoenix at Golden State

TUESDAY'S RESULTS

Toronto 96 Washington 88
Charlotte 105 Orlando 92
Memphis 105 Detroit 91
Brooklyn 113 Milwaukee 111 (OT)
Chicago 96 New Orleans 87
Denver 97 Boston 90
Utah 115 Golden State 101
Phoenix 102 Portland 98
San Antonio 108 Sacramento 102

THURSDAY'S GAMES — All Times Eastern
Miami at Chicago, 8 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION							
	GP	W	L	OL	GF	GA	Pts
Pittsburgh	16	11	5	0	52	38	22
New Jersey	16	9	3	4	42	38	22
NY Rangers	15	8	6	1	39	38	17
Philadelphia	17	7	9	1	45	49	15
NY Islanders	16	6	9	1	46	57	13
NORTHEAST DIVISION							
	GP	W	L	OL	GF	GA	Pts
Montreal	16	11	4	1	46	35	23
Boston	13	9	2	2	37	31	20
Toronto	17	10	7	0	48	40	20
Ottawa	17	9	6	2	40	32	20
Buffalo	17	6	10	1	47	56	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	14	8	5	1	41	40	17
Tampa Bay	15	8	6	1	59	47	17
Winnipeg	15	6	8	1	37	47	13
Florida	15	4	7	4	35	56	12
Washington	15	5	9	1	41	51	11

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS

Philadelphia at Pittsburgh
St. Louis at Colorado
Los Angeles at Calgary

TUESDAY'S RESULTS

Montreal 3 NY Rangers 1
Winnipeg 2 Buffalo 1
Ottawa 3 NY Islanders 1
Tampa Bay 4 Toronto 2

THURSDAY'S GAMES — All Times Eastern

Florida at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Buffalo at Toronto, 7 p.m.
Winnipeg at Carolina, 7 p.m.
NY Islanders at Montreal, 7:30 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

FRIDAY'S GAMES

Florida at Pittsburgh, 7 p.m.
Vancouver at Nashville, 8 p.m.
San Jose at Chicago, 8:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Chicago	16	13	0	3	55	34	29
Nashville	17	8	4	5	39	38	21
St. Louis	16	9	6	1	53	50	19
Detroit	16	7	6	3	43	48	17
Columbus	16	4	10	2	36	51	10
NORTHWEST DIVISION							
	GP	W	L	OL	GF	GA	Pt
Vancouver	15	8	3	4	44	37	20
Minnesota	15	7	6	2	33	38	16
Edmonton	15	6	6	3	36	41	15
Colorado	14	6	7	1	37	43	13
Calgary	14	5	6	3	39	51	13

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	15	12	2	1	53	39	25
San Jose	15	8	4	3	39	34	19
Phoenix	16	8	6	2	44	41	18
Dallas	16	8	7	1	41	43	17
Los Angeles	14	6	6	2	33	37	14

SCORING LEADERS

	G	A	Pt
Vanek, Buf	12	13	25
Crosby, Phg	7	17	24
Stamkos, TBL	10	12	22
Kane, Chi	9	13	22
St. Louis, TBL	4	18	22
Zetterberg, Det	5	16	21
Tavares, NYI	11	9	20
Kunitz, Phg	6	13	19
Elias, NJ	4	15	19
Datsyuk, Det	8	10	18
Ribeiro, Wash	5	13	18
Malkin, Phg	3	15	18
Staal, Car	8	9	17
Moulson, NYI	7	10	17
Duchene, Col	6	11	17
Clarkson, NJ	10	6	16
Marleau, SJ	10	6	16
Lecavalier, TBL	6	10	16
Gagner, Edm	5	11	16
Thornton, SJ	4	12	16
Hall, Edm	3	13	16
Pominville, Buf	7	8	15
Toews, Chi	7	8	15
Hodgson, Buf	7	8	15
Kovalchuk, NJ	5	10	15
Sedin, Van	5	10	15
Steen, STL	4	11	15
Selmane, Ana	4	11	15
Purcell, TBL	4	11	15
Voracek, Phi	3	12	15

Not including last night's games

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Horoscopes

Aries

March 21 - April 20

Are you the forgiving sort? Probably not, but it will pay you to be a little less judgmental today, especially with people who are not as sharp-witted as you. Not everyone can be an Aries now, can they?

Taurus

April 21 - May 21

It would be nice if everyone was as honest and open as you, but they're not. So, take people as you find them and make allowances for those who fail to live up to your standards — that's just about everyone.

Gemini

May 22 - June 21

It will dawn on you today that some people don't want to be helped. So what's the problem? If others want to wallow in their own despair just let them. It's not really any of your business after all.

Cancer

June 22 - July 23

Let your imagination lead you in new directions today. As you think now so you will be later on, so give your mind permission to roam and don't worry that you may not accomplish much of a practical nature.

Leo

July 24 - Aug. 23

Put other people's needs ahead of your own today, even if you end up out of pocket. A few dollars here or there won't make much difference to you but it could make all the difference in the world to them.

Virgo

Aug. 24 - Sept. 23

If you have not yet reached your goals don't give up hope — and certainly don't blame it on other people. Be honest with yourself about where the blame lies and redouble your efforts over the next few days.

Libra

Sept. 24 - Oct. 23

You have everything to look forward to and nothing to fear. No, really! Whatever the reason for your doubts and fears, you must not waver from the tasks you have set. Keep going. You're almost there.

Scorpio

Oct. 24 - Nov. 22

Someone who fears or resents you will place obstacles in your path today and you would not be human if you did not feel a bit angry about it. But don't let your feelings show because that's what they are hoping.

Sagittarius

Nov. 23 - Dec. 21

Someone you love is finding it hard to make sense of their feelings. You, of course, have no such doubts and may be puzzled by their dilemma. Don't make fun of them though. They think it is deadly serious.

Capricorn

Dec. 22 - Jan. 20

You need to cut back on your commitments. According to the planets, you have taken on too many responsibilities of late — few of which are doing you good. It's time to be kind to yourself and ease off a bit.

Aquarius

Jan. 21 - Feb. 19

It might be best not to make any major decisions over the next 24 hours as the planets suggest you don't really know what you want. Leave it a couple of days and you are less likely to make a costly mistake.

Pisces

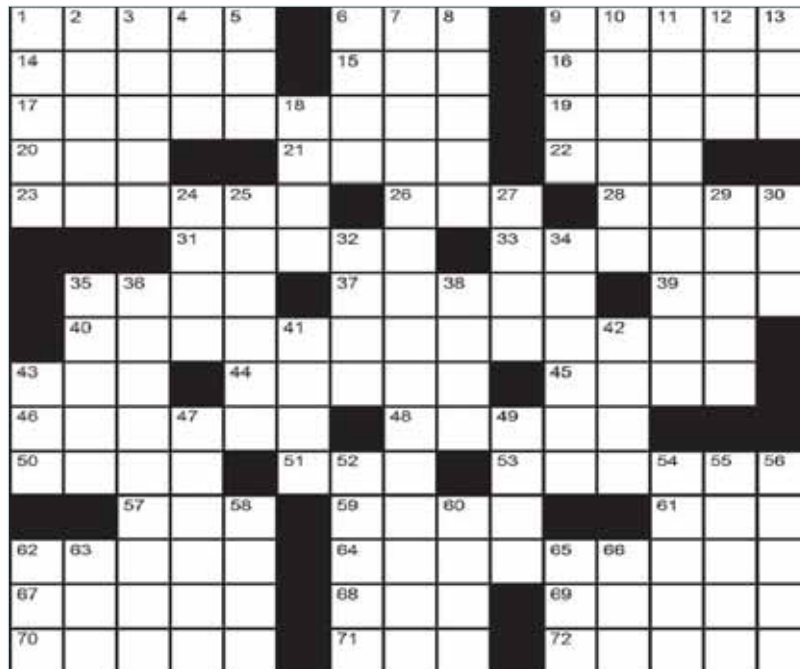
Feb. 20 - March 20

Neptune in your sign is making even quite simple situations look complicated. Both at home and at work you must think and act as if everything is fine, even if the opposite appears to be true. It's all about attitude. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Church members
 - "Survivor" network
 - Singer/guitarist Colin
 - Outer's opposite
 - Ad ___ committee
 - Kind of clover
 - Movie company founded in Vancouver in 1997
 - "Your show's starting!": 2 wds.
 - Go from ___ B
 - Once ___ a time...
 - Geog. coordinate
 - ___-14 dating
 - Marked the ballot's little square box
 - 'Prem' suffix (Movie's first showing)
 - Monday: French
 - Reflection giver
 - Kilt wearer
 - Caper
 - Writer Mr. Fleming
 - "Sweet Jane" band helmed by Margo Timmins: 2 wds.
 - Writer Mr. Capote, to pals
 - Map detail
 - "Meet Me ___ . Louis" (1944)
 - Rant
 - More sweet
 - Alphabet sequence
 - TV ___
 - Goodies
 - Sequence, for short
 - Petty quarrel
 - Egg mass
 - "The ___ a man's heart...": 2 wds.
 - Alberta's provincial bird, Great ___
 - Oscar-winner Tatum
 - 'Carot' completer
 - "Wake Up Little ___" by The Everly Brothers
 - Like a Viking
 - '60s hallucinogenic
 - MTV target audience
- ### Down
- Light purple flower

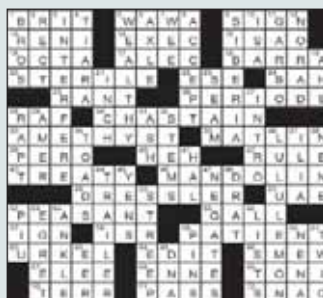


- Rita Moreno's role in "West Side Story" (1961)
- The Koh-___ Diamond
- Five + Five's total
- Decade divs.
- Gent
- They're used to smooth frown lines: 2 wds.
- Vista
- Prison
- Aquila constellation's brightest star
- Whodunits
- ___-friendly
- Lil' Ottawa hockey player

- Fashion mentor Tim of "Project Runway"
- Setback
- Win at the auction
- Music key, ___
- Jokes-filled celebrity tribute
- 'North' suffix
- "___ of Thunder" (1990)
- More yucky
- Theatre curtain fabric
- Montreal Canadiens great, Yvan
- Ballerina's garb
- Singles
- Concerning, on a memo: 2

- Final amt.
- Really big veins
- Talk to ya later, e-mail-style
- Archie Comics character
- Sprang up
- Haul a car to the garage: 2 wds.
- Tennis great Monica
- Chiquita competitor
- Wilma's hubby
- Got the gold
- 'Volc' ender (Lava spewer)
- Approx.
- "___ South"

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-3°/-9°
Variable

Friday

1°/-3°
Partly cloudy

Know what the weather
will be 14 days from now.
Check the 14 day trend.

TWN incorporates MSC data

Sharability



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hard

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